

Learning Activity 2*

Take a Selfie

(The teacher can select an activity of their choice or use the activity provided.)

Time (minutes)

5

Organization

Students in general space.

Activity Progression:

Play music and allow students to choose how they move around the instructional area.

Once the music is stopped, call out a different emotion and have students pause and pretend to take a selfie acting out that emotion. Suggested emotions:

- Brave
- Shy
- Worried
- Bored
- Surprised
- Cheerful
- Embarrassed
- Excited
- Confused
- Silly

Play music with different tempos and have students move to the tempo slowing down and speeding up. Or direct students to move at a slow/medium/fast speed, low/medium/high level. Use color visuals to help students recognize how they should be moving. Green – fast, yellow – slow or medium, red – stop or slow. Show this visual at different levels so the students can visually see at what level they should be moving.

Reinforce to students that all feelings are healthy (even feelings that can seem negative like anger) and being able to identify our feelings is helpful so we can do something healthy to feel better. Part of being mindful is embracing all our feelings.

Modifications/Differentiation:

- Randomly call out for students to turn left or right, build up speed then slow down.
- Provide visually impaired students a sighted guide using a small piece of rope or a guide rope.
- Choose different students to select how everyone should move or what emotion to act out.
- Have students call out synonyms for a feeling.

Checks for Understanding:

- Why is it a good thing for us to know how we are feeling?
- **Extension:** For homework, have students draw their own emoji icon to share with the class.